cfri Center for Financing Reform and Innovation

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Transgender Behavioral Health Disparities

Fact Sheet

Commercial and Medicaid Claims Data Shows that Compared to Cisgender Individuals, Transgender Individuals are...

Mental Health

1.8 times more likely to have any mental illness

3 times more likely to have suicidal thoughts

2.8 times more likely to have an eating disorder

2.3 times more likely to have anxiety

2 times more likely to have depression

2 times more likely to have post-traumatic stress disorder

Substance Use

1.6 times more likely to have a substance use disorder

2 times more likely to have a nicotine use disorder

1.8 times more likely to have a cannabis use disorder

1.4 times more likely to have an opioid use disorder

1.3 times more likely to have an alcohol use disorder

SAMHSA
Substance Abuse and Mental Health Services Administration

Data Sources

Findings are based on weighted averages from analyses of Marketscan commercial insurance and Medicaid claims data from 2017-2021. Transgender individuals were matched to cisgender peers based on age and region using propensity score matching. T-tests were used to assess differences in means between matched groups. For definitions of terms used in this document, please refer to the Center of Excellence on LGBTQ+ Behavioral Health Equity: SOGIE-Glossary-4.23.pdf (lgbtqequity.org)

Karakus, M., Paradis, A., Taylor, J.A., Angosta, J., Lee, P., Ilie, C., Ghose, S.S., Andre, A., & Altman, B. (2024). Substance use and mental health services: Disparities by insurance type for transgender and cisgender adults.

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